

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

A Publication from the Howard County Office on Aging and Independence

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Signature Event Brings Strength and Power to Aging

Announcing a new take on the former 50+EXPO: **MASTER AGING: ENGAGE, EDUCATE AND INSPIRE** debuts as a conference-style event with seminars, exhibitors and entertainment. This new format replaces the 50+EXPO and will take place on Saturday, October 19, from 10:00 a.m. to 3:00 p.m. on the campus of Howard Community College (HCC), 10901 Little Patuxent Parkway, Columbia 21044. Admission is still only \$1 (benefitting the Vivian Reid Community Fund for Older Adults) and the event offers free, on-site parking.

Coordinated by the Howard County Office on Aging and Independence (OAI), **MASTER AGING** will feature interactive exhibits, seminars and workshops which highlight lifelong learning and leisure, technology and exercise; and showcase the wide range of older adult programming at Howard County 50+ Centers.

“Redesigning our signature event for older adults falls in line with the emerging trend to reframe the aging narrative and view getting older from a strength-based perspective versus one of weakness and frailty,” explains Jenna Crawley, OAI administrator. “Our 50+ Centers provide so many engaging programs and activities, which are often under-utilized by younger older adults in the 50 to 65 age group because of the stigma attached to *senior centers* in general. We want to change the misconceptions.”

While programming for **MASTER AGING** is being designed to appeal to older adults of all ages, there is a special emphasis to include topics relevant to those who are newly-retired or approaching retirement. This early engagement aims to encourage lifelong connections to OAI’s resources and services within the community. “Our goal is for **MASTER AGING** participants to be inspired and move forward with purpose, using OAI’s resources to find meaning in their next chapter,” says Crawley. “We want to showcase that aging is something to look forward to!”

All event activities — including 62 vendor and sponsor booths — will be located in three buildings within easy walking distance of each other on HCC’s campus: Duncan Hall, the Health Sciences Building and the Horowitz Visual and Performing Arts Center. The Smith Theatre will host


Master Aging
Engage ♦ Educate ♦ Inspire

SATURDAY, OCTOBER 19
10 AM to 3 PM

a keynote speaker (to be announced) at 11:00 a.m. and a performance by the Capitol Steps — a returning perennial favorite — at 2:00 p.m. The Capitol Steps show will be a ticketed event (\$5 per person). Additionally, a book discussion and signing (author to be announced) will take place in the Health Sciences Building lecture hall.

Breakfast and lunch options will be available from a variety of vendors, including on-site food trucks. For updated event information, visit www.Facebook.com/HoCoCommunity or contact the Office on Aging and Independence at aging@howardcountymd.gov or 410-313-6410 (voice/relay). For vendor/exhibitor information, contact Lisa Coster at 410-442-3734 (voice/relay) or lcoster@howardcountymd.gov.

Be a FRIEND of Master Aging!

Sign Up TODAY to Receive Your
FRIEND OF MASTER AGING Gift Package!

- One **ADMISSION** ticket to the MASTER AGING event
- One **RESERVED** seat for the Keynote Speaker (11 AM)
- One **RESERVED** seat for the “Capitol Steps” (2 PM)
- A **CHANCE** to win \$50 toward any 50+ Center Program
- A “Friends” **RECOGNITION** ribbon to wear all day!

Only \$25/person • As part of this special event group, your contribution will benefit the Vivian Reid Community Fund for Older Adults! Contact us today!

Thank you for your support!

To process your credit card payment, or for additional details, contact Jeanne White-Davis at 410-313-5824 (voice/relay) or jwhitedavis@howardcountymd.gov.

 Howard County Office on
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Department of Community Resources and Services

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Howard County 50+ Center AUGUST HIGHLIGHTS

Summer Fun in Howard County!



Senior Day at the Fair

Tuesday, August 6 • 10:00 a.m. to 3:00 p.m.

Howard County Fairgrounds, West Friendship

All adults age 62+ receive free admission to the fair. Visit the Office on Aging and Independence in the 4-H Activities Building for healthy aging program information, exercise demos, bingo, prizes, and entertainment. FREE.

Summer Cooking Classes for Kids

Wednesdays, August 7, 14 and 21 • Noon to 2:00 p.m.

East Columbia 50+ Center

Kids ages 8 to 17 will learn how to make Unicorn French Toast, Acai Bowls and Veggie Pasta in FREE cooking classes hosted by Healthy Little Cooks. Limited to 20 participants; pre-registration is encouraged. Parent or guardian must sign a waiver and can remain on-site to watch kids cook, if desired. To register, email Alex@HealthyLittleCooks.com.

Wii Bowling Tournament

PRACTICE ROUND — Friday, August 9 • 10:30 a.m.

TOURNAMENT — Friday, August 16 • 10:30 a.m.

Ellicott City 50+ Center

Test your virtual bowling skills! Sign up to compete in our summer Wii bowling tournament. Medals awarded to the top three finishers! FREE; enrollment is limited, so sign up today at 410-313-1400.

Summer Luau Party

Thursday, August 22 • Noon to 1:30 p.m.

Elkridge 50+ Center

Come in from the heat, play games, enjoy delicious ice cream and dance to your favorite tunes. Best Hawaiian outfit will win a prize! \$3/person; register at 410-313-5192.

Baltimore County Senior Swing Band

Thursday, August 15 • 12:30 p.m.

Ellicott City 50+ Center

Step back in time, relax and get ready for an afternoon of music featuring the sounds of Benny Goodman and Glenn Miller, plus more! This is the band's debut at Ellicott City. FREE. Come show your support.

Powerful Tools FOR Caregivers

Tuesdays, September 10 – October 15 • 6:00 to 7:30 p.m.

Ellicott City 50+ Center

Wednesdays, September 25 – October 30 • 6:00 to 7:30 p.m.

Office on Aging and Independence

If you are a caregiver or know someone who is, join us for this six-week series to improve the lives of caregivers (and their care recipients) through outreach, conversation, training and resources. \$30 fee includes all materials. For more information or to register, contact Kathy Wehr at 410-313-5955 (voice/relay) or kwehr@howardcountymd.gov.

Summer Support Programs

Living Well Diabetes Self-Management

formerly **Living Well with Diabetes**

Six Saturdays, August 10 through September 14
9:30 a.m. to noon

Elkridge 50+ Center

A community-based workshop to help adults manage Type 2 diabetes or for those who are pre-diabetic. FREE. Register online at hcgh.org/events or contact Nicole Becerra at 410-313-3506 for more information.

Stepping Up Your Nutrition

Wednesday, August 14 • 5:00 to 7:30 p.m.

Ellicott City 50+ Center

Learn how nutrition impacts older adults' risk of falling; how to recognize malnutrition; and develop an action plan to improve eating habits. \$5 workshop fee; register at 410-313-6073.

A Moment to Honor

Thursday, August 29
10:30 a.m.

Ellicott City 50+ Center

Grief Awareness Day is a day to honor those who have touched our lives, but are no longer with us, including pets. This brief program is followed by quiet reflection, live music and a commemorative activity. FREE; light refreshments. RSVP to Elaine Widom at 410-313-7353 by August 26.



Virtual Dementia Tour®

Tuesday, September 17
6:00 to 8:00 p.m.

East Columbia 50+ Center

Do you know what living with dementia is really like? This hands-on experience simulates dementia, with practical tools and education for those who care for someone with the disease. FREE. To register or for more information, contact Emily Leclercq at 410-313-5917 (voice/relay) or map@howardcountymd.gov.



VIRTUAL DEMENTIA TOUR®
YOUR WINDOW INTO THEIR WORLD



Stay connected to the Howard County Department of Community Resources and Services. Like and share us today!
www.facebook.com/HoCoCommunity

For details on programs and activities at ALL 50+ Centers:
www.howardcountymd.gov/50pluscenters